

# YOGA CLASSES AGES 10+



## Yoga: Youth Adaptive

Our Adaptive Yoga is open to youth with disabilities ages 13-21 to come and try out Yoga. Youth are able to bring a program assistant when using their PAL card and

we will have a Leisure Buddy to help participants in the program.

Wednesday 6-6:50 pm Activity# 43123 Fee \$24.42

## Yoga: Youth Girls Only

This is for youth 10-14 to come and try out Yoga. Work with our youth friendly instructor, beginners welcome!

Great for dancers or youth in gymnastics.

Fee \$24.42 Ages 10-14

Wednesday 7-7:50 pm Activity #43098

For more information connect with Jenn  
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